



# Dialectical Behavior Therapy Model

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Adding mindfulness and self-regulation to treatment

# DBT and Mindfulness

Presenter:

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Finding Joy in the  
Journey...

# Training and Experience

- Master's Degree from Spaulding University (1994)
- Fifteen years experience at Seven Counties
- Trained in Cognitive Behavioral Therapy through the Beck Institute
- DBT training includes workshops with Martha Woetter in Lexington, 3 day Mindfulness workshop with Marcia Linehan, co-led a DBT skills group and provided individual DBT therapy with a therapist trained at Behavioral Tech for 4 years.
- Currently in private practice.

# Goals for the Workshop

- Participants will be able to identify key factors in using a DBT approach to substance abuse treatment
- Participants will understand how the use of mindfulness can contribute to recovery, and learn 3 mindfulness techniques.
- Participants will understand the use of self-regulation techniques to support recovery and be able to identify 3 strategies to regulate emotions.

# Key Factors in using a DBT approach

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What are the most important elements  
To add to Cognitive Behavioral Therapy?

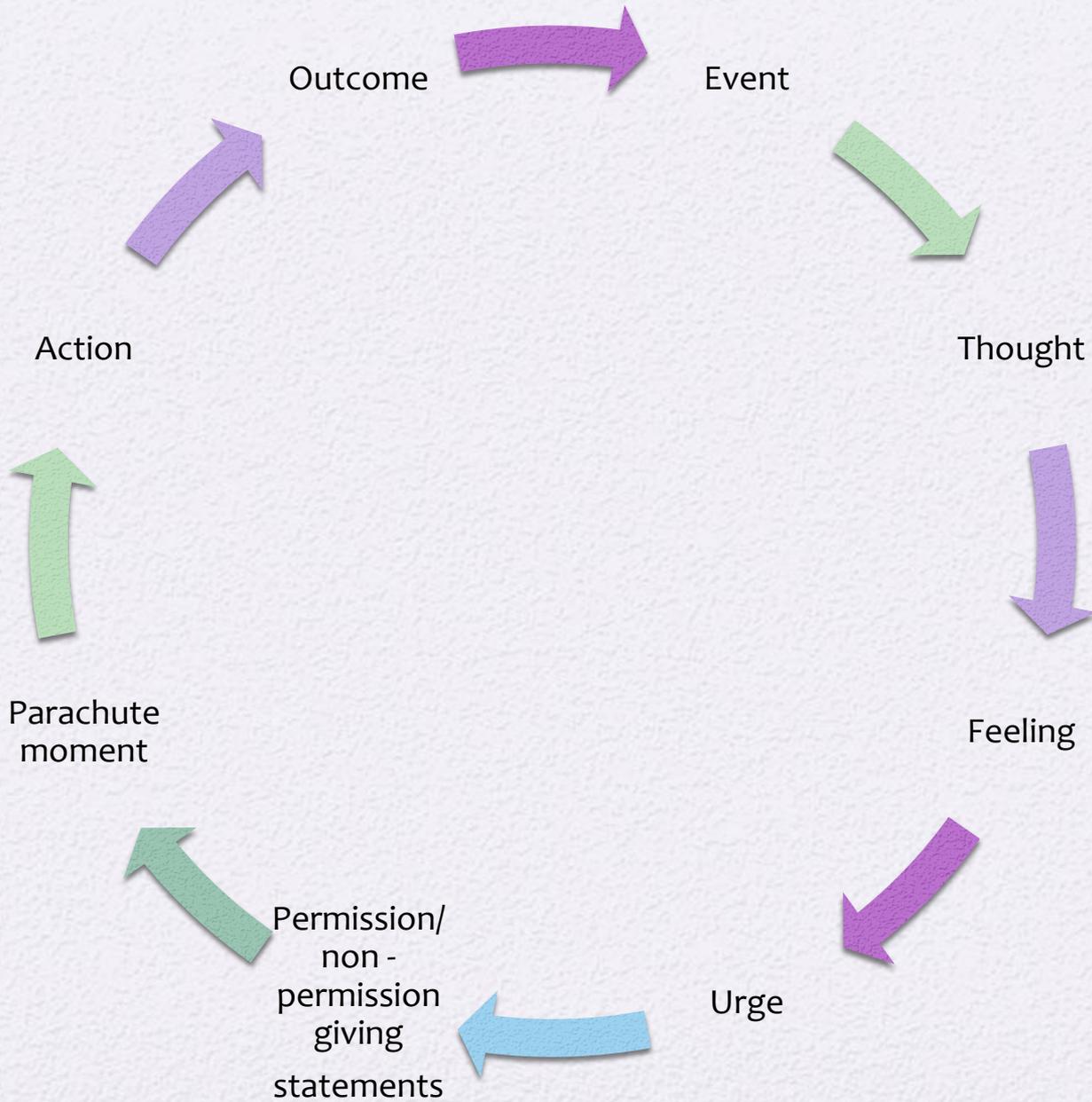
# Key Factors in Using a DBT Approach

- The Dialectic
- Skills Based Approach
  - Mindfulness
  - Distress Tolerance
  - Emotion Regulation
  - Interpersonal Effectiveness
- Acceptance of Reality

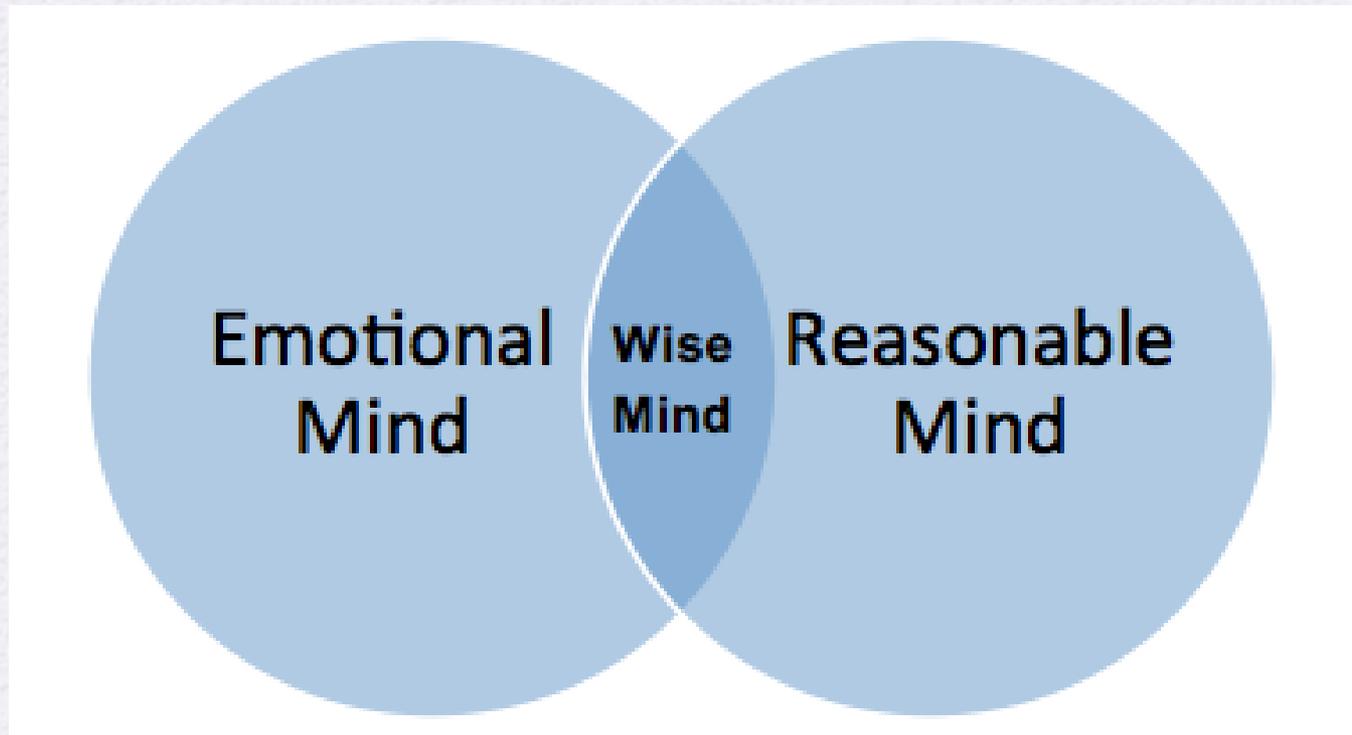
# *How mindfulness contributes to recovery*

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Why do we even want to use mindfulness  
In substance abuse treatment?



# States of Mind



# Three mindfulness Techniques

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What are some ways to add mindfulness?

# Learning a Few Ways to Add Mindfulness

- Through the breath
- Slowing down – focusing on the senses
- Staying in the moment
- (And meditation)

# How Self-regulation techniques help

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What is self-regulation and  
Why is it important in substance abuse treatment?

# What is self-regulation?

- Emotional **self-regulation** or **regulation** of emotion is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed.

# Three Strategies to Regulate Emotions

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What are some ways to manage and calm feelings that can be overwhelming?

# Self-Regulation

Self-regulation starts in infancy and we continue building skills in managing painful emotions through our life. We need two types of skills – ways to manage distress in the moment, and ways to – as Linehan says, “build a life worth living.” Both of those types of skills may be missing when someone is using drugs or alcohol as their main skill.



# Self-Regulation

- Tolerating Distress:
  - Accepting, finding meaning for, and tolerating distress
  - Learning to bear pain skillfully
    - Distracting
    - Self-soothing
    - Improving the moment
    - Focusing on pros and cons.

# Focus on Self-Soothing

## with all five senses

- With **Vision:**
- Buy one beautiful flower; make one space in a room pretty; light a candle and watch the flame. Set a pretty place at the table, using your best things, for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of town. Fix your nails so they look pretty. Look at beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.

# Focus on Self-Soothing

## with all five senses

### With **Hearing:**

Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling). Sing to your favorite songs. Hum a soothing tune. Learn to play an instrument. Call 800 or other information numbers to hear a human voice. Be mindful of any sounds that come your way, letting them go in one ear and out the other.

# Focus on Self-Soothing

## with all five senses

- With **Smell:**
- Use your favorite perfume or lotions, or try them on in the store; spray fragrance in the air; light a scented candle. Put lemon oil on your furniture. Put potpourri in a bowl in your room. Boil cinnamon; bake cookies, cake, or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.

# Focus on Self-Soothing

## with all five senses

- **With Taste:**
- Have a good meal; have a favorite soothing drink such as herbal tea or hot chocolate (no alcohol); treat yourself to a dessert. Put whipped cream on your coffee. Sample flavors in an ice cream store. Suck on a piece of peppermint candy. Chew your favorite gum. Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice. Really taste the food you eat; eat one thing mindfully.

# Focus on Self-Soothing

## with all five senses

- **With Touch:**
- Take a bubble bath; put clean sheets on the bed. Pet your dog or cat. Have a massage; soak your feet. Put creamy lotion on your whole body. Put a cold compress on your forehead. Sink into a really comfortable chair in your home, or find one in a luxurious hotel lobby. Put on a silky blouse, dress, or scarf. Try on fur-lined gloves or fur coats in a department store. Brush your hair for a long time. Hug someone. Experience whatever you are touching; notice touch that is soothing.

# Building a Life Worth Living

## Reduce Vulnerability to Negative Emotions

- Treat Physical Illness
- Balance Eating
- Avoid mood-altering drugs
- Balance Sleep
- Get Exercise
- Build Mastery

## Add Positives to Your Life

- Build Positive Experiences
  - Short-term
  - Long-term
  - Attend to relationships
  - Avoid avoiding
- Be Mindful of Positive Experiences
- Be Unmindful of Worries

# Summary

- We looked at key factors in using a DBT approach to substance abuse treatment
- We explored how the use of mindfulness can contribute to recovery, and learn 3 mindfulness techniques.
- We discussed the use of self-regulation techniques to support recovery and identified 3 strategies to regulate emotions.

# Questions

That's a lot of information to process.

What stands out for you as helpful?

What do you have questions about?

What would you like to know more about?



# Resources

- Linehan, Marsha M. (1993). *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York, NY: The Guilford Press.
- Linehan, Marsha M. (2015). *DBT Skills Training Manual (2<sup>nd</sup> Edition.)* New York, NY: The Guilford Press.
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- Bowen Sarah; Chawla, Neha; Marlatt, Alan G. (2011). *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide*. New York, NY: The Guilford Press
- Siegel, Ronald, D. (2010). *The Mindfulness Solution, Everyday Practices for Everyday Problems*. New York, NY: The Guilford Press
- Linehan, Marsha M. (2015). *DBT Addiction Skills Video*. Behavioral Tech, LLC